Aquatics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45pm Lap Swim 18 +	12:00—12:45 pm Senior Aquacise	12:00—12:45pm Lap Swim 18 +	12:00—12:45 pm Senior Water Walking 55+	12:00—12:45 pm Adult Lap Swim 18 +	10:00—10:45am Youth Open Swim 8-17
1:00—2:45pm Open Swim 18+	1:00-2:00pm Adult Lap Swim Ages 18+	1:00—2:00pm Adult Open Swim 18+	1:00-2:00pm Adult Lap Swim Ages 18+	1:00—1:45pm Adult Open Swim Ages 18+	11:00-11:45am Parent & Tot Swim
4:00-4:45pm Youth Open Swim Ages 8-17	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	2:00-2:45pm Adult Open Swim Ages 18+	12:00-1:45pm Youth Open Swim & Family Swim
5:00-6:00pm Swim Team Practice Ages 8-17	4:00-5:00pm Youth Learn to Swim Ages 8-17	4:00-5:00pm Youth Open Swim Ages 8-17	4:00-5:00pm Youth Learn to Swim Ages 8-17	4:00-5:00pm Youth Open Swim Ages 8-17	3:00-4:00pm Adult Lap Swim Ages 18+
6:00-7:30pm Adult Open Swim Ages 18+	5:00-5:45pm Youth Open Swim Ages 8-17	5:00-5:45pm Open Swim Ages 13-17	5:00-5:45pm Youth Open Swim Ages 8-17	5:00-5:45pm Swim Team Ages 8-17	4:00-5:30pm Adult Open Swim 18+
	6:00-7:30 Adult Open Swim Ages 18+	6:00-6:45pm Adult Water Walking Ages 18+	6:00-7:30 Lifeguard Conditioning	6:00-7:30pm Family Swim	_

7:00-7:30 Adult Open Swim 18+

All children under 8 years old and 4 feet tall must be accompanied and supervised in the water by an adult. Two children per adult. Sauna open during adult times only

Outdoor happenings

Youth Outdoors

TBD





After School Meals

4:00p.m.—5:00p.m Monday—Friday 18 & Under

Schedule subject to change without prior notice



Physical Fitness

Weight Room Senior Fitness Boxing Techniques

Monday – Friday 12:00-7:30pm Monday Wednesday Friday 10:00am 11:00am Adults Mon—Thursday 5:30-7:30 8+



Game Room & Computer Lab

Video Games After School All-Stars Computer Lab

Mon—Fri 3:00-5:30 p.m. 8 -17 Mon-Thur 3:00-5:30 Mon—Fri 12:00-3:00 Ages 18+

Gymnasium Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00—12:45 pm Adult Open Gym Ages 18+	12:00—12:45 pm Adult Open Gym Ages 18+	12:00—12:45 pm Adult Open Gym Ages 18+	12:00—12:45 pm Adult Open Gym Ages 18+	12:00—12:45 pm Adult Open Gym Ages 18+	10:00-10:45am Adult Open Gym Ages 18+
1:00 –1:45pm Adult Open Gym Ages 18+	1:00 –1:45pm Adult Open Gym Ages 18+	1:00 –1:45pm Adult Open Gym Ages 18+	1:00 –1:45pm Adult Open Gym Ages 18+	1:00 –1:45pm Adult Open Gym Ages 18+	11:00-11:45 Adult Open Gym Ages 18+
2:00-2:45 pm Adult Open Gym Ages 18+	2:00-2:45 pm Adult Open Gym Ages 18+	2:00-2:45 pm Adult Open Gym Ages 18+	2:00-2:45 pm Adult Open Gym Ages 18+	2:00-2:45 pm Adult Open Gym Ages 18+	12:00—12:45 Adult Open Gym Ages 18+
3:00—4:45 pm Youth Open Gym Ages 8-17	3:00—4:45 pm House league Ages 8-12	3:00—4:45 pm Youth basketball training Ages 8-17	3:00—4:45 pm House League Ages 8-12	3:00—4:45 pm Youth basketball training Ages 8-17	1:00-1:45 Hot Shot Ages 8-17
5:00—6:00 pm House League Ages 13-17	5:00—6:00 pm Basketball training Ages 13-17	5:00—6:00 pm House league 13-17	5:00—6:00 pm Basketball Training Ages 8-17	5:00—6:00 pm Youth Open Gym Ages 8-17	2:00-3:45pm Youth Open Gym Ages 8-17
6:00—7:30 Adult Open Gym Ages 18+	6:00—7:30pm Adult open gym Ages 18+	6:00—7:30pm Old Timers Bball 50+	6:00—7:30pm Adult Open Gym 18+	6:00—7:30pm Adult Open Gym 18 +	4:00—5:30pm Basketball Fundamentals/ 2 Ball Ages 8-17